



Instructors' Guide December 2010



Chef Charles Says...

A newsletter for congregate meal participants for the month of December

Please read carefully.

We have new information in this section for December, 2010.

As a reminder of the importance of safe food, we are sending to you a 'Be Safe' poster for each of your meal sites. We will refer to the poster from time to time. Additionally, you will receive a small Food Safety brochure for participants. The food safety article in December focuses on washing hands. Check for details on the last page of the guide.

The information in the Chef Charles newsletter may cause participants to ask questions about specific health conditions such as diabetes or medications. It is not the intent of Chef Charles to answer specific health questions. As a Chef Charles instructor, it is important that you direct any personal health questions to **health professionals**.

Chef Charles is concerned that many older adults who are eligible are not participating in the Food Stamp Program or SNAP (Supplemental Nutrition Assistance Program) as it is now called. In Iowa the program is called Food Assistance. As an instructor for Chef Charles, you can help those at your meal site to understand that the SNAP program can make a big difference in their food budget. Activities you can do include:

- Invite a Department of Human Services Staff member to your site to talk about the Food Assistance program.
- Show the video/DVD "Food Assistance: Keeping You Healthy" developed by Iowa State University Extension. Each area agency or agency has a copy; contact the nutrition director for a time to use the video.
- Bookmark www.benefitscheckup.org on site computers for participants to visit.
- Remind participants that the EBT cards are handy to use at local stores for food purchases. Many of the farmers' markets also take EBT cards.
- Encourage participants to apply on-line for Food Assistance www.yesfood.iowa.gov.

We encourage you to use the questions at the end of the instructor's guide. This provides feedback to us regarding the success of the Chef Charles program in helping participants to eat healthier, be more active and have safe food. Ask your group the questions at the beginning of your Chef Charles meeting and then again at the end. This will reinforce key points and identify if the participants know the answers.



Get The News

Props:

- Map of U.S.A.
- Black marker

Vitamin D Deficiency Could Be Harmful

Many older adults, particularly those in northern, less-sunny winter areas like Iowa, may be deficient in vitamin D. This could increase the risk of dying. From a study of adults age 73 and older researchers found that low vitamin D levels were independently associated with the risk of death over a period of seven years.

Vitamin D deficiency appeared to affect the heart most of all. Older adults should get at least 400 to 600 IUs of vitamin D a day. Recent research suggests we may need more vitamin D. Experts are expecting the recommendation to be changed when the Dietary Guidelines for Americans are released early next year. Your congregational meal provides an average of 100 IU daily.

Journal of the American Geriatrics Society, Sept, 2009

Activity

Once again, vitamin D is shown to be important for our health. Vitamin D is called the sunshine vitamin because when we spend time in the sun, the ultraviolet rays convert a substance in our skin to vitamin D. But there is a catch: the sunlight must be strong. What do we do, if we live in the northern part of our country? Let's look at our map of the USA. Have any of you been to San Francisco or Richmond Virginia? Let's mark a line between the two cities. Where is Iowa? (above the line) Scientists tell us that if you live north of about 37° latitude (roughly, a line from Richmond to San Francisco), you will be exposed to little sun rays from at least November through February because the sun's zenith angle is so low that the atmosphere absorbs most beneficial rays before they reach you. So, how do we get vitamin D during this time? (food and supplements).





Chef Charles Says

Props:

- None

Activity

Choose the Best Fruit

- Buy in season. Fruit that is not in season locally must come from a place where it is in season - and that may be far away. Picking fruit before it is ripe travels better - but it may lack flavor.
- Remember that buying under ripe produce isn't always the best option. Peaches, cantaloupe and nectarines are examples of fruits that may soften during storage, but they won't ripen.
- Pick the fruit up. If it's heavy for its size, then you have successfully found yourself a good piece of fruit.

Fruit grown in Iowa, has limited availability in December. Apples can be locally grown and stored. All other fruit such as citrus fruit must be shipped in. Some favorite fruits that are available from other parts of the country include:

Cranberries

Dates

Grapefruit

Oranges

Pears

Tangerines

Be Active

Props:

- Winter hat
- 5 sentences (in red) on single pieces of paper

Activity

Walk Your Winter Wonderland

The season of winter begins this month. Along with the change of seasons comes snow and cold. But that does not mean you have to stop walking. Here are some tips to make winter walking safe:

- **Dress for it.** Wear brightly, colored, cold-weather clothing, gloves, hat and well-insulated water-proof footwear with nonslip soles. Dress warmly, but not so bundled up that you cannot hear or see what is going on around you. During the daytime when the sun is shining, wear sunglasses.
- **Choose your route.** Select a path with no snow or ice when possible. When walking in the wind, try to start your walk into the wind and finish with it at your back. Share your route with friends and family in case of an emergency.
- **Watch for traffic.** If you have to walk in the street, walk against the traffic and as close to the curb as you can.
- **Keep your balance.** Bending your knees a little and taking slower steps can help you stay balanced.
- **Pace yourself.** In cold weather, warm up longer at a moderate pace before you switch to a faster speed.

Walking out-of-doors is safe if you follow some precautions. Pass the winter hat around and ask five people to draw out one



statement each. You may have that person read the statement as well as the information from the newsletter.

OR

If you think your participants would have fun with this, suggest that the person drawing the statement act out the idea and have the group guess what they need to do for safe winter walking. This could be called "Winter Time Walking Charades."

Dress for it.

Choose your route.

Watch for traffic.

Keep your balance.

Pace yourself.



Pick a Better...

Props:

- 2.5 ounces Snicker candy bar
- 1.5 ounce box raisins
- Magnifying glass (to better read the labels)

Dried Fruit

Fruit is the original convenience food! All you have to do is wash and eat and dried fruit does not require any preparation. It is easy to pack and will not spoil. Compared to fresh fruit, dried fruit can contain more calories by weight.

The water content in fresh fruit can help to fill up your stomach. Fresh fruits are naturally rich in antioxidants, fiber, potassium, folate and vitamins C and A. Dried fruits have similar nutritional benefits, but the process of drying the fruit concentrates the calories and depletes some nutrients like vitamin C.

On the positive side, dried fruit has other benefits such as increased antioxidants. For example, researchers have discovered that when you dry blueberries, they actually become richer in antioxidants by four times over fresh blueberries. Dried fruit is high in fiber, so it can be helpful in controlling diabetes and lowering blood cholesterol. Dried fruits in small amounts can be substituted for fresh or canned and can help to relieve constipation.

Dried fruit is also a lot healthier than sugary snacks even though some dried fruits have added sugar because of the fruit's tartness. Consider eating a small portion of dried fruit for a simple, convenient snack.

Activity

If we had to depend only on fresh fruit in Iowa, December would be a difficult month. We are fortunate to have an excellent transportation system that brings fresh fruit to us, year round. One exception is dried fruit. Can you give me some words that describe dry fruit? (concentrated-sweet-nutritious) As the descriptive words are mentioned point out the information in the newsletter that is highlighted by color.

If you choose to eat dried fruit for a snack how does it compare to a candy bar like a Snickers candy bar? Looking at the labels on the packages, I see there are 30 grams of sugar in each! The sugar in the grapes is concentrated when they are dried to make raisins. But on the positive side, raisins have fewer calories and more fiber than the candy bar. Which would you choose for a snack?



This chart may help you evaluate the two snacks if participants have more questions.

	Raisins	Candy Bar	Better choice
Calories	124	271	Raisins
Fiber	3	1	Raisins
Vitamin C	4%	0%	Raisins
Vitamin A	0%	2%	Small difference
Potassium	347 mg	184 mg	Raisins
Folate	1.3 mcg	15 mcg	Small difference

Chef Charles Asks the Questions

Props:

- Enough yarn strings for each participant to tie around a finger
- The incentive for January-March, 2011, will be resistance bands for each participant. Watch for order information in the January Instructor's Guide.

Does Strength Training Benefit Older Adults?

It certainly does. In fact, the benefits of strength training such as lifting weights or pulling on wide elastic bands, color-coded for resistance, are among the strongest findings in medical research.

A review of 121 studies of people over the age of 60 shows that strength training makes muscles substantially stronger and helps people with everyday activities such as walking, climbing steps, etc.

The take-home message is that people, even into their 80s and even if they have some health problems, should do exercises two to three times a week. Each exercise session should be hard enough so that you can only do three sets of 8 to 12 repetitions of each exercise. Once you feel the resistance is not enough of a challenge, you can increase to the next level of more difficult elastic bands. According to exercise experts, strength training is actually safer than regular aerobic exercise when considering risks of a cardiac event. If you have a special medical condition such as heart disease or arthritis, check with your health care provider before starting and monitor any pain associated with the exercise.

Source: Cochrane Collaboration; Sept 2009;
<http://www.cochrane.org>

Activity

Ask the group:

- Can anyone name the two kinds of exercise we need to do to stay healthy? (*aerobic and strength*)
- Can you give some examples of aerobic? (*walking, bicycling, gardening*).
- How often do you need to do aerobic training? (*most days of the week*)
- Do you know any examples of strength training? (*lifting weights, stretch bands*).



- How often should you do strength training? (*2-3 times a week*). Both forms are needed for good health at any age.

Remember that exercise is as important as your eating an appropriate diet. In fact, I want you to remember this by putting a string around your finger, tied in a bow. What are you reminding yourself? (*Exercise is as important as your eating an appropriate diet.*) Don't forget to exercise.

Food Safety

Props:

- Pencils
- Blank sheets of paper for each person



Hand Washing

While it is common sense to wash your hands before preparing food, many people do not follow proper hand-washing techniques. If your food is prepared without proper hand washing, the bacteria that are transferred to the food can begin to grow and in a short while contaminate the food you are handling.

Proper hand washing begins with wetting the hands with warm water. Once your hands are wet, apply soap and scrub your hands for 20 seconds. One suggestion is to sing through the song Happy Birthday once as you wash your hands. Rinse the hands in warm water. Dry on a clean towel. Be careful that you do not touch anything else before you touch your food.

In commercial kitchens, workers are taught to wash their hands in the restroom and then follow the same procedure once they get back to the kitchen before touching food. This would also be a good practice in your own home.

Washing your hands before leaving the kitchen helps to remove any bacteria that may have been on the food you were preparing so that you do not spread the germs to the rest of your home.

- **Remember to wash your hands:**
- **After handling raw meat**
- **After handling raw eggs**
- **After petting an animal**
- **After using the bathroom**
- **After coughing or sneezing into your hands**
- **Before eating**

Activity

We all know we need to wash our hands to stay healthy, but do you know the crucial times that we need to wash our hands? We are going to make a hand washing reminder. Take a blank piece of paper and trace around your hand. Write the times suggested washing your hands on your traced hand. When you arrive home,



cut out the hand and post it near the sink you use most often.
Let's look at the list in our newsletter.

Snacks

Teaching Points:

- An interesting way to make an orange into a salad
- Excellent source of vitamin C
- Can be made ahead and chilled

Holiday Oranges

- 1 navel orange
- 2 teaspoons orange juice
- 2 teaspoons lemon juice
- 1 teaspoon sugar
- $\frac{1}{4}$ teaspoon cinnamon

Remove rind and white pith from orange. Cut into 5 or 6 slices and arrange on a plate. Stir together orange juice, lemon juice, sugar and cinnamon. Spoon over slices.

Pick a better snack



86 calories; 22 g carbohydrates; 3 g fiber; 2 mg sodium, 258 mg potassium; 57 mcg folate



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Did You Learn Any New Ideas?

1. Living in the north, which months are we least likely to get adequate vitamin D?
2. Name one characteristic of a 'good' piece of fruit.
3. After choosing a winter walking route, what is the next step?
4. Dried fruit is more concentrated in _____ than fresh fruit.
5. Exercise is as important as nutrition. T or F

Your Answers

Order Your Materials (provided to Iowa Nutrition Network Partners Only)

Contact Name

Congregate Meal Site (Please list all the sites for which you are ordering the newsletter.)

Address

City, State and Zip

Phone Number

Month	# Newsletters	# Incentives
December, 2010	_____ Congregate Meal Site Participants	The incentive for October-December is a chopping mat. If you did not receive them in October please indicate how many are needed .:_____

Return to: Marilyn Jones,
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Your Answers

November-February

Heavy for its size

Share with family/friends

sugar, antioxidants, fiber

T

Chef Charles Says...

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